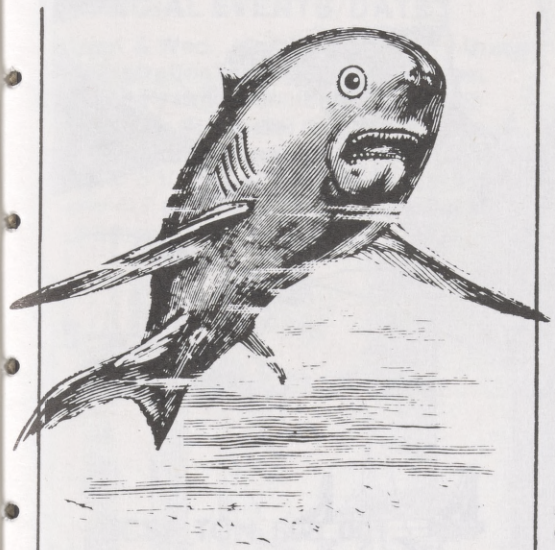
What's Happening

University of California San Francisco

NOVEMBER/ DECEMBER 1982



FREE NOON EVENTS

Tues., Nov. 16: **The Sharks.** A film addressing man's fear and hatred of sharks. Cole Hall, 513 Parnassus Ave.

SPECIAL EVENTS/DATES

Sat., Nov. 13: **Modern Brass Quintet.** A selection spanning five centuries. UCSF students & Millberry Union members, $3.50; general $5. Held at Little Theatre, California Palace of the Legion of Honor, Lincoln Park at 34th Ave. For further information call 666-2571.

Tues., Nov. 16-Wed., Dec. 15: **Jake Gimbel Sex Psychology Lectureship: Sex Education in Medical Settings.** LPPI Auditorium, 401 Parnassus Ave. Nov. 16, 7 p.m.; Nov. 17, 3 p.m.; Nov. 18, 4 p.m.; Dec. 14, 9 a.m.; Dec. 15, 4 p.m. For information call 666-4787.

Wed., Nov. 17: **Free Health Science Lecture: Horrible Herpes: Why Nothing Works.** Toland Hall, 533 Parnassus Ave. 7:30-9 p.m. (See news item for details.)

Thurs., Nov. 18: **Radiation & Human Health.** A lecture by Dr. John Gofman, author of *Radiation & Human Health.* Discussion of the risk of developing cancer from exposure to radiation. UCSF students & Millberry Union members, $2.50; general $4. Cole Hall, 513 Parnassus Ave. 8 p.m. For further information call 666-2571.

Wed. & Thurs., Dec. 1 & 2: **Millberry Union Holiday Crafts Fair.** Featuring hand-crafted goods by artists licensed by the S. F. Arts Commission, neighborhood specialty food vendors, friends of the UCSF Child Care/Study Center and UCSF employees. For further information call 666-2019.

Wed., Dec. 1: **Free Health Science Lecture: Attaining Sexual Fulfillment.** Toland Hall, 533 Parnassus Ave. 7:30-9 p.m. (See news item for details.)

COMMUNITY HEALTH EDUCATION PROGRAMS

All lectures are free and geared to senior citizens. For further information and exact dates and times call 666-3206.

November

Dental Care. California League for the Handicapped, 1299 Bush St.

Keeping Skin Healthy. Adath Israel Congregation, 1851 Noriega Ave.

Cosmetics. Diamond Senior Center, 117 Diamond St.

Over-the-Counter Drugs. Salvation Army Meal Program, 125 Valencia St.

Aging & the Nursing Home. Seventh Avenue Presbyterian Church Senior Center, 1329 - 7th Ave.

Patient/Doctor Communication. St. Philip's Senior Center, 725 Diamond St.

Parents & Children in Later Life. Lincoln Park Senior Center, 417 - 31st Ave.

Diabetes. St. Francis Lutheran Creative Retirement Center, 152 Church St.

Grief & Bereavement. St. Francis of Assisi Senior Center, 145 Guerrero St.

December

Prevention of Assault/Rape. California League for the Handicapped, 1299 Bush St.

Care of the Bones. Adath Israel Congregation, 1851 Noriega St.

Isolation & Loneliness. Diamond Senior Center, 117 Diamond St.

Cardiac Care. Seventh Avenue Presbyterian Church Senior Center, 1329 - 7th Ave.

Cultural Variations in Health. St. Philip's Senior Center, 117 Diamond St.

The Nursing Home. Lincoln Park Senior Center, 417 - 31st Ave.

Arthritis. St. Francis of Assisi Senior Center, 145 Guerrero.

Coping with Grief. Salvation Army Meal Program, 125 Valencia St.

FOLK DANCING

Learn folk dancing from various parts of the world. No partner needed and everyone is welcome to attend. Held every Tuesday in the Millberry Union Gym, 500 Parnassus Ave. Noon-1:30 p.m. Special instructions for beginners 12:10-12-30 p.m.

HOSPITALS AUXILIARY EXHIBIT

On display in the lobby of Moffitt Hospital, 505 Parnassus Ave., for the month of November will be: silk screens, wood cuts, satin crafts, miniature oil paintings and Christmas crafts. A portion of all proceeds benefits UC Hospitals & Clinics patients. For further information, to purchase or reserve work, or for information on the December exhibit, call 666-4906, 10 a.m.-2 p.m. or visit the Auxiliary Office, next to the Moffitt cashier, lobby of Moffitt Hospital.

TOURS

CAMPUS TOURS

All tours are free and take place at 1 p.m. on Tuesdays, Nov. 2, 9, 16, 23, 30, Dec. 7, 14, and 21. Meet in the lobby of the Medical Sciences building, 513 Parnassus Ave. For further information call 666-4394.

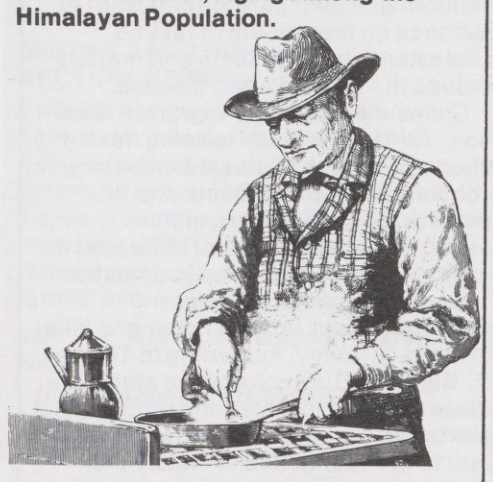
BROWN BAG TOURS/ LECTURE SERIES

All tours are free and held on Wednesdays at noon in Room 303 Health Sciences West (enter through Medical Sciences lobby, 513 Parnassus Ave.). Tapes of all talks are available for listening in the UCSF Library, SIMA Unit, Room 345 Health Sciences East. For further information call 666-4394.

Nov. 3: **Benign Breast Disease.**

Nov. 10: **The Anatomy of a Lawyer.**

Nov. 17: **Growth, Aging Among the Himalayan Population.**



Nov. 24: **Nutrition: The Ageless Requirement.**

Dec. 1: **Art is Long, Life is Short: A Medical Insight into Goya's Life.** Held in Cole Hall, 513 Parnassus Avenue.

Dec. 8: **What are the Limitations of Personal Coping?**

Dec. 15: **Kaposi's Sarcoma.**

OUTDOORS UNLIMITED/ WILDERNESS EXCHANGE

Sign-up for all activities at the Outdoors Unlimited Center, 24 Kirkham St., weekdays, 11:30 a.m.-1:30 p.m. and 4-6 p.m. Most events require advance registration of 1 or 2 weeks. Fur further information on these activities and many others call 666-2078 or 666-1800.

Sun., Nov. 7: **Winery Tour,** Santa Cruz Mountains; **Fat City Bike Tour,** Sonoma.

Mon., Nov. 8: **Big Equipment Sale starts.**

Thurs., Nov. 11: **Broom Hockey.**

Sat. & Sun., Nov. 13 & 14: **Windsurfing Clinic; Moving Water Canoe Clinic; Backpacking,** Point Reyes.

Tues., Nov. 16: **Yellowstone Skiing Pre-Trip Meeting; Windsurfing Orientation Session.**

Wed., Nov. 17: **Introduction to Freight Hopping; Kayak Roll Session.**

Thurs., Nov. 18: **Windsurfing Night.**

Fri., Nov. 19: **Turkey Twist.**

Sat., Nov. 20: **Introduction to Big Boat Sailing; Mushroom Day Hike.**

Tues., Nov. 23: **Cross Country Ski Equipment Tune-Up.** Outdoors Unlimited Center. 6:30 p.m.

Tues., Nov. 30: **Introduction to Cross Country Skiing Night.**

Sat. & Sun., Dec. 4 & 5: **Mushrooming Clinic; Whitewater Canoeing/Kayaking.**

Tues., Dec. 7: **Quarterly Get Together.** Millberry Union, 500 Parnassus Ave. 7 p.m. Free.

Wed., Dec. 8 & 15: **CPR Clinic.**

Sat. & Sun., Dec. 11 & 12: **Cross Country Ski tours,** South Lake Tahoe.

Wed.-Mon., Dec. 22-27: **Christmas Ski Holiday,** South Lake Tahoe.

Wed.-Mon., Dec. 29-Jan. 3: **New Year's Ski Tours,** South Lake Tahoe.

FILMS

COLE HALL CINEMA

All films are shown in Cole Hall, Medical Sciences building, 513 Parnassus Ave. Children under 14 $1.25; UCSF students & Millberry Union members $1.75; general $2.25. For further information call 666-2019.

Thurs., Nov. 4: **On Golden Pond.** 5:45 & 8 p.m.

Fri., Nov. 5: **On Golden Pond.** 6:30 & 8:30 p.m.

Fri., Nov. 12: **Victor, Victoria.** 6:30 & 9 p.m.

Fri., Nov. 19: **Heartland.** 6:30 & 8:30 p.m.

Fri., Dec. 3: **Dumbo.** 6:30 & 8 p.m.

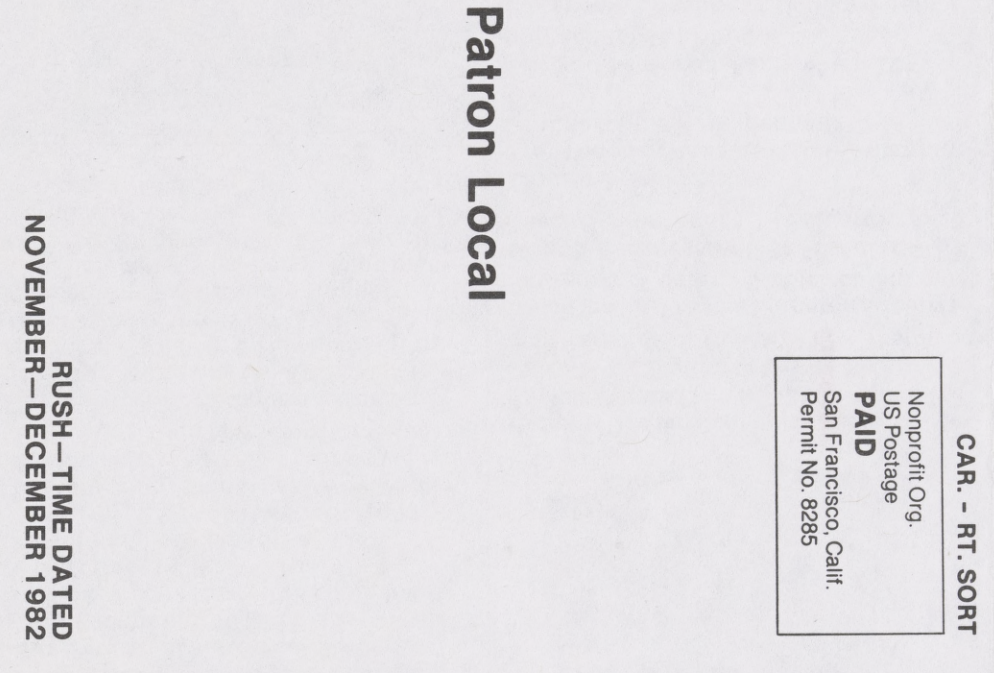
UCSF

University of California, San Francisco

. . . A Health Sciences Campus

TO OUR NEIGHBORS

November & December, 1982, Vol. VII, No. 6



UC Regents Approve Long-Range Plan

The UCSF Long-Range Development Plan for the 1980's was passed by the UC Regents at their October meeting. The plan the Regents approved includes modifications which were integrated into the plan by the campus in response to neighborhood and employee concerns and suggestions.

Major modifications were the downsizing of a proposed parking facility on the west side of campus; the preservation of six houses used for offices which were scheduled for demolition and their return to residential use; and the inclusion of recreation and employee well-being projects as a high priority.

Campus planning staff would welcome the opportunity to continue the dialogue with community and campus groups and individuals that has been going on for the past year and which helped shape the 1982 UCSF Long-Range Development Plan. Groups or individuals interested in meeting with planning staff should call 666-2911.

Free Health Science Lectures

The neighborhood is invited to attend the second in a series of free evening health science lectures.

- "Horrible Herpes: Why Nothing Works," Wednesday, November 17. Presented by UCSF dermatologist Marcus A. Conant, MD, the lecture will cover a review of herpes—the incurable virus infection—what triggers it, the physiological effects and the latest treatment.
- "Attaining Sexual Fulfillment," Wednesday, December 1. Evalyn S. Gendel, director of the UCSF Human Sexuality Program, and Emmett J. Bonner, PhD, consultant and medical sociologist in San Francisco, will discuss preventing and treating sexual problems common to both men and women as individuals and couples.

Both lectures will be held in Toland Hall, 533 Parnassus Avenue from 7:30 to 9 p.m.

The series, which is co-sponsored by the Office of Public Service Programs and the Committee on Arts and Lectures, was begun last November as a pilot program and was very popular. For further information call 666-3206 or 666-2571.

Special Anxiety Clinic

Langley Porter Psychiatric Institute (LPPI) is offering a special clinic for individuals suffering from stress and anxiety.

Each person who goes to the clinic is given a comprehensive evaluation lasting up to four hours and is then offered appropriate treatment or is referred to more suitable services. If the person is accepted for the clinic, there is a series of 12 sessions of 50 minutes each. The sessions are on an individual basis with faculty from LPPI.

Patients who are treated at the clinic also will be part of a clinical research project on anxiety and stress. Those interested should contact Nancy Wilner at 681-8080, x510.

New Division of Allergy

Edward J. Goetzl, MD, a leading scientist in immunology and allergic disease and former Harvard faculty member, has been named to head a new division of allergy in the UCSF Department of Medicine.

The new division of allergy will be organized as an interdisciplinary unit encompassing both research and clinical care. Basic research will focus on the cellular mechanisms of allergic diseases and the development of new patient testing procedures.

Clinical care will be carried out in collaboration with other UCSF clinics, including those for infectious diseases, oncology, pulmonary medicine and dermatology.

Clinics Patterned on Pre-Term Program

Under the auspices of the March of Dimes Birth Defects Foundation, an attempt will be made to replicate the successful UCSF Pre-Term Labor Program, at five other medical facilities in the country.

Clinics patterned on the UCSF program will be established at the University of Alabama-Birmingham, Northwestern University, UC-San Diego, Ohio State University and Vanderbilt University.

The Pre-Term Birth Prevention Program was established by Robert K. Creasy, MD, UCSF professor of Obstetrics and Gynecology, who continues to serve as director. From 1978 to 1980 premature births at UCSF dropped by 50 percent as a result of this program, which teaches pregnant women how to recognize the onset of premature labor and when to get medical help.

Manual on Programs for the Elderly

A national sampling of self-help and advocacy groups among the aged has been compiled in a manual published by researchers at the UCSF Aging Health Policy Center.

The 109-page manual, entitled "Self-Help and Advocacy Groups Among the Aged," has been made available to state area agencies on aging.

Representatives of 65 advocacy and self-help groups from Vermont to California, interviewed over a nine-month period were asked to identify elements of success in their organizations. Their responses provided materials for a manual of services that range from recreation and education to consumer cooperatives, mental health and home health services.

Funded by the Administration on Aging, Department of Health and Human Services, the manual outlines start-up procedures for specific types of self-help and advocacy programs, including advice on arranging the first meeting; identifying goals, programs and leaders; and developing organizational structure, funding, staffing and publicity. To obtain a copy of the manual call 666-5902.

Cholesterol Study in Third Graders

The UCSF-affiliated Gladstone Foundation Laboratories for Cardiovascular Disease, located at SFGH, has begun a study to determine whether third grade children and their parents can learn to cut back on the amount of fat and cholesterol they consume and thereby reduce their risk of heart disease.

Called the "Special Program in Nutrition" (SPIN), the study is being held in cooperation with Millbrae elementary schools. Some 60 students and 90 parents are participating in this research project—the first of its kind to involve parents as well as youngsters.

Hardening of the arteries, or arteriosclerosis, is the number one killer in the U. S. today. According to Thomas P. Bersot, MD, director of the study, the disease is due to a life-long process that starts early, which is why it is so important to get youngsters to modify their diets at the earliest possible stage.

UCSF
University of California San Francisco
News and Public Information Services
532 Parnassus Avenue, San Francisco, CA 94143

CAR. - RT. SORT

Nonprofit Org.
US Postage
PAID
San Francisco, Calif.
Permit No. 8285

Postal Patron Local

RUSH—TIME DATED
NOVEMBER—DECEMBER 1982

TO OUR NEIGHBORS